

Supplies for the Safe Swallowing Educational Training

Cups/spoons/plates

Dysphagia Diet Cards

**Thickit~ contact Thickit.com and under
Healthcare Professional request a sample
for training**

Water

**Various foods (International Dysphagia
Diet):**

Level 4 – pureed – smooth (no lumps)

Pudding like ~ not jello like

Level 5 – minced and moist –

**Moist, soft textures~ ground,
minced, or mashed**

Level 6 – mechanically soft – soft solid

**Easy to cut up but not hard,
crunchy or dry.**